



**Natural Solutions for
Your Health**



Home

Saturday, June 11

Best foods to eat For

Best foods to eat for: Weight Loss, Weight Gain, Pre-workout, Post-workout, Metabolism, Running, Burn Belly Fat, Happiness, Bad Mood, Negative Calories, Healthy Brain, Pregnancy.

Visit : [Best Price Strength Anti-Aging and Wellness](#)

FOODS TO EAT FOR MUSCLE GAIN

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 FRUITS & VEGETABLES	 SKINLESS CHICKEN	 COTTAGE CHEESE
 LOW FAT MILK	 WHEY PROTEIN	 TUNA
 LEAN BEEF	 TURKEY	 EGGS

FOODS TO EAT FOR GOOD FATS

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CHEESE



DARK CHOCOLATE



WHOLE EGGS



NUTS



COCONUT AND COCONUT OIL



OLIVE OIL



PEANUT BUTTER



PISTACHIOS



WALNUTS

FOODS TO EAT FOR ENERGY

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HONEY



APPLES



SPINACH



ALMONDS



YOGURT



BEANS



OATS



SWEET
POTATOES



EGGS

FOODS TO EAT FOR WEIGHT LOSS

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APPLE



OATS



GREEN TEA



WATERMELON



SALMON



LOW FAT YOGURT



CRANBERRY JUICE



MUSHROOMS



ALMONDS

FOODS TO EAT FOR NEGATIVE CALORIES

PER 100 gm

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CUCUMBER
(16 CALORIES)



CELERY
(16 CALORIES)



TOMATOES
(17 CALORIES)



CAULIFLOWER
(25 CALORIES)



CABBAGE
(25 CALORIES)



TURNIPS
(25 CALORIES)



LEMONS
(29 CALORIES)



WATERMELON
(30 CALORIES)



BROCCOLI
(34 CALORIES)

FOODS TO EAT TO OVERCOME BAD MOOD

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<p>Stressed  CHOCOLATES</p>	<p>Sluggish  SPINACH</p>	<p>Cranky  APPLE & PEANUT BUTTER</p>
<p>Anxious  SALMON</p>	<p>Angry  GREEN TEA</p>	<p>PMS  EGG-SALAD SANDWICH</p>
<p>Sad  LOW FAT MILK</p>	<p>Upset  BANANA</p>	<p>Nervous  WHOLE WHEAT BREAD</p>

FOODS TO EAT BEFORE WORKOUT

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 SMOOTHIES	 OATMEAL WITH FRESH FRUITS	 EGG WHITES
 BANANA-PEANUT BUTTER TOAST	 HEARTY SALAD	 YOGURT WITH WHOLE GRAIN CEREAL
 GRANOLA BAR	 BLACK COFFEE	 HUMMUS & PITA

FOODS TO EAT FOR VEG PROTEIN

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BROCCOLI



BEANS
& PULSES



SOYBEAN



SPINACH



CAULIFLOWER



MUSHROOMS



GREEN
PEPPER



PEANUT
BUTTER



OATMEAL

FOODS TO EAT FOR SNACKS

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Whole Wheat Toast
with Peanut Butter



Fruit
Smoothies



Yogurt, Berries
& Honey



Dry Fruit
and Nuts



Hard Boiled
Eggs



Low Fat Chocolate
Milk



Protein Shake



Veggies with
Spinach Dip



Granola Bar

FOODS TO EAT FOR HYDRATION

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CUCUMBERS



WATERMELON



PINEAPPLE



TOMATOES



BLUEBERRIES



PEAR



GRAPEFRUIT



LETTUCE



MELON

FOODS TO EAT FOR Dinner

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SOUP



SALAD



GRILLED CHICKEN



GREEN VEGGIES



FISH



MUSHROOMS



SWEET POTATOES



BROWN RICE



SWEET CORN

FOODS TO EAT FOR BREAKFAST

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OATMEAL



MUESLI



GRAPEFRUIT



WATERMELON



GREEK
YOGURT



ALMOND
BUTTER



SMOOTHIES



WHOLE
BREAD



EGGS

FOODS TO EAT FOR CARBS

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BANANAS



SWEET
POTATOES



OATS



WHOLE WHEAT
BREAD



QUINOA



BLUEBERRIES



BROWN RICE



KIDNEY
BEANS



CHICKPEAS

FOODS TO EAT TO BURN BELLY FAT

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OATMEAL



BERRIES



LEAN MEAT



NUTS



GREEN TEA



WHOLE GRAINS



EGGS



WHEY PROTEIN



GREEN VEGGIES

FOODS TO EAT DURING PREGNANCY

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FOODS TO EAT FOR HAPPINESS

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BELL PEPPERS



COCONUT



DARK CHOCOLATE



ASPARAGUS



MUSSELS



CHERRY TOMATOES



HONEY



ORANGE



GRASS-FED BEEF

FOODS TO EAT FOR RUNNING

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DARK CHOCOLATE



PASTA



WHOLE WHEAT BREAD



SWEET POTATO



SALMON



BERRYS



BANANA



ORANGE



CEREAL

FOODS TO EAT FOR METABOLISM

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CUCUMBER



SPINACH



LETTUCE



TOMATO



WATERMELON



APPLES



GARLIC



GREEN TEA



LEMON

FOODS TO EAT FOR PROTEIN

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EGGS



ALMONDS



OATS



CHICKEN
BREAST



COTTAGE
CHEESE



BROCCOLI



FISH



BEANS &
PULSES



PEANUTS

FOODS TO EAT FOR LUNCH

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BEANS



SALAD



BROWN RICE



YOGURT



BOILED VEGGIES



BANANA



KIWI



WHOLE GRAIN MUFFIN



WHOLE GRAIN BREAD

FOODS TO EAT AFTER WORKOUT

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EGG SCRAMBLE	WHEY PROTEIN	AVOCADO TOAST
		
PROTEIN BAR	COTTAGE CHEESE AND FRUIT	GREEK YOGURT WITH FRUIT
		
SALMON & TUNA	APPLE & PEANUT BUTTER	DRIED FRUITS & NUTS

FOODS TO EAT FOR **HEALTHY BRAIN**

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 WHOLE GRAINS	 EGGS	 ALMONDS & WALNUTS
 BERRIES	 SEEDS	 AVOCADOS
 SPINACH	 BANANA	 DARK CHOCOLATE

Key words of the Post:

Foods to eat for Muscle Gain
Foods to eat for Good Fats
Foods to eat for Energy
Foods to eat for Weight Loss
Foods to eat for Negative Calories
Foods to eat for Overcome bad mood
Foods to eat for Before workout
Foods to eat for Veg Protein
Foods to eat for Snacks
Foods to eat for Hydration
Foods to eat for Dinner
Foods to eat for Breakfast
Foods to eat for Carbs
Foods to eat for Burn Belly fat
Foods to eat for During Pregnancy
Foods to eat for Happiness
Foods to eat for Running
Foods to eat for Metabolism
Foods to eat for Protein
Foods to eat for Lunch

Foods to eat for After Workout

Foods to eat for Healthy Brain



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